

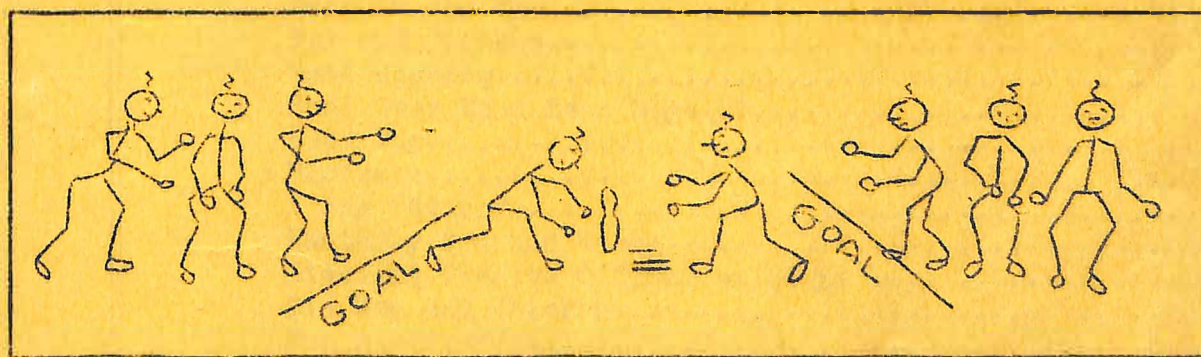


GAMES Of LOW ORGAN'ZATION

by

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by

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FOREWORD

Games of low organization play an important role in the health, happiness and normal development of a child's life. They provide opportunities to satisfy the natural instinctive desires (of the child) for physical expression in the form of big muscle activities such as running, jumping, fleeting, chasing, throwing and striking.

The interests of children in physical activities are spontaneous, but they require adult supervision and guidance in the selection of them. Through directed and wisely controlled leadership, opportunities are temptingly offered to aid in the development of favorable attitudes and an appreciation of the value of wholesome activities. On the other hand, children often lose interest in physical activity due to poor selection, overuse, lack of skill or to poor teaching.

The older child who is healthy and athletically inclined finds for himself, with little difficulty, ample opportunities for physical activity in games of high organization, athletics and sports. But how about the younger child, the child who is weak, backward or crippled? He encounters many obstacles physically, socially and emotionally from games of high organization, athletics and sports, and yet he is really the most in need of physical activity. His opportunity for physical activity is in games of low organization.

Games of low organization are vitally important in the field of recreation. They are the alphabet used in building skills, fundamentals and coordinations for other phases of recreation, such as, athletics, sports, games of high organization, combatives and the like. They present an opportunity for preparing the child for desirable social contacts, cooperation, leadership, followership and a variety of activities resulting in a library of desires, abilities, and capabilities for a rich and wholesome leisure time program in future life.

CHAPTER I

CHAPTER

I

A DEFINITION OF GAMES OF LOW ORGANIZATION

A game of low organization is just what the name implies. It is the lowest in the scale of organized activities. It rarely requires a definite number of players, a specific area or set rules. It is easily applicable to a large or small gymnasium, playground, play street, camp, classroom or to the home. With slight variations in presentation and degree of challenge the game may be played by pre-school children, adolescent boys and girls, physically and mentally handicapped and adults. It may be used as a lead up game for sports activities and as a fundamental drill for highly organized activities.

Games of low organization are excellent for free time periods while the leader or teacher is waiting for his class to dress or prepare for the organized program. They are ideal for situations that have a fluctuating attendance, for an indoor or outdoor set-up, active or quiet activity and for social and rainy day programs.

Very little preparation is necessary for games of low organization, and they may be successfully conducted by student leaders or participating members of the group. They offer ample opportunity for competition, skill, cooperation, imagination and initiative. The use of equipment is seldom necessary. When needed it is simple and inexpensive. Chalk, paper, chairs, cardboard, string and the like, are usually sufficient.

The most important element in the successful teaching of games of low organization is the teacher or leader in charge. He must realize the importance of his leadership, understand the people he is working with, their characteristics, needs, interests and capabilities. He must be familiar with the subject he is teaching, must be capable of building successful programs, successfully handle disciplinary problems and have a knowledge of administrative and supervisory responsibilities.

A SUGGESTED METHOD OF TEACHING

The success in leading and conducting games of low organization for children, depends primarily on the leader's ability to dramatize the action of the game. As an example let us use the game "Chase the Animal Around the Circle." This game was formerly called "Pass the Object Around the Circle." The children would form a large circle and pass an object (bean bag, ball or block) from one player to another. The object is to teach the fundamentals of passing and catching. To dramatize the game, change the word "object" to "animal." The children decide on the name of one animal they wish to use. Suppose they were to choose a rabbit. The rabbit (object) would be running (being passed) in the forest (circle) and having a grand time. When the rabbit is passed around the circle three or four times and is half way around again, you introduce a hungry fox (another object) and he runs after the rabbit, (passed around the circle in the same manner and at the same time as the rabbit). The object of the game is to pass the fox fast enough to catch up to the rabbit and at the same time pass the rabbit around fast enough so as not to be caught by the fox. By this method of dramatization the game becomes more interesting, the children more alert, and they are given an opportunity to use their imagination. The game ends when the rabbit is caught or, if not caught, at the peak of enjoyment, the rabbit supposedly outruns the fox and the fox gives up. Without this little dramatization the game serves only as a fundamental in teaching catching and passing, and the children soon tire of a drill that could easily have been an enjoyable game.

CHAPTER

2

LEADERSHIP IN GAMES
OF
LOW ORGANIZATION

There are many people who think that leadership in games is unimportant and usually unnecessary. Only too often we hear, "Leave the children alone and they will find games to play," "Give them a ball and they will play by themselves," "A leader only interferes with their good time" and "Let them learn to do things by themselves." Unfortunately, these people do not understand the tremendously important part the leader plays in influencing the lives of children and of helping to lay the foundation for a better social democracy. They fail to realize the leader's influence in molding and developing desirable attitudes, wholesome habits, obedience, respect for authority and a sincere effort for improvement. They are unaware of his influence in stimulating the imagination, creativeness, initiative and the storing up of worthwhile activities and skills. Obviously, this all depends on good leadership. Poor leadership is often more detrimental than none at all. Good leadership can only be achieved by an adequately trained leader, one who is a well rounded individual, who understands and admires children and enjoys working and playing with them. His ideals, attitudes and habits should be reflected in his work, resulting in wholesome, stimulating and desirable activities.

A good leader has the ability to instill a desire for those activities that will do the most good. He is able to cater to individual desires and longings and gradually direct them into the proper channels.

When building programs and actually conducting games, the good leader is constantly aware of the aims and objectives that have been carefully planned for his particular situation. He is especially resourceful in adapting the games to the prevailing conditions. A good leader realizes the importance of his thorough knowledge and understanding of the game before attempting to teach it to children. Whenever interest in the game reaches the peak of enjoyment, he tactfully changes to a new game. He is constantly on the alert to change whenever the activity fails to stimulate interest or offer enjoyment. His explanations are as

simple and concise as possible, realizing that lengthy explanations create a rapid loss of interest and poor discipline.

It is natural for children to crave action and excitement, to try to be outstanding and to disregard rules because of their overwhelming desire to win. Therefore, the leader should understand these natural tendencies and plan his program to satisfy these needs and longings in a desirable manner. He should take as little time as possible in getting ready to play a game. He does not permit certain individuals to monopolize the game and plays with the children at every opportunity or whenever necessary. A good leader establishes rules and regulations that are necessary to the success of the program, to the safety of the children and to the benefit of all concerned. Once these rules are established they should be observed by all.

The development of intelligent leadership and followership is the goal of every good leader. He creates situations wherein junior leadership is necessary. For example, assuming responsibility for equipment, organization, judging, refereeing and helping smaller children to develop and improve skills and techniques. His pleasing personality, sympathetic understanding and encouragement creates a desire for cooperation and unselfish devotion toward the leader and others. It is through junior leadership that children begin to learn to assume and carry out responsibilities, respect authority, obey rules, accept courteously the decisions rendered by officials, cooperate with others, and make a ceaseless effort to become socially accepted and worthwhile members of society. These basic fundamentals necessary for character training, citizenship, health and happiness of individuals are the inevitable results of good leadership and help to lay the foundation for a better democracy.

CHAPTER

3

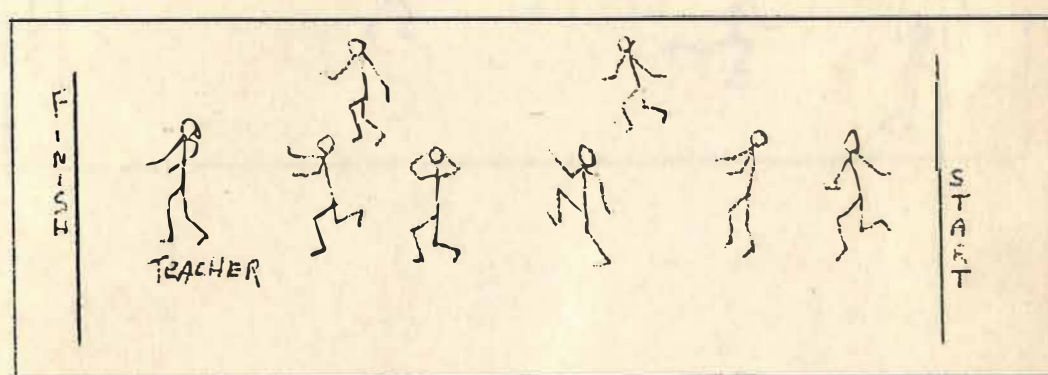
GAMES

(For little Children)

ADVANCING STATUES

- Number of Players: - Unlimited
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Line formation with the leader in front.

Game:- The leader walks slowly forward, starting at one end of the room, the children following. While his back is to the players they may advance forward, but not pass him. When he decides to turn around and look at them, they must be standing perfectly still in whatever position they are in appearing as immovable statues. If anyone is caught moving he goes back to the starting line. The first player crossing the finishing line wins and becomes the leader.



BROWNIES AND FAIRIES (Cops and Robbers)

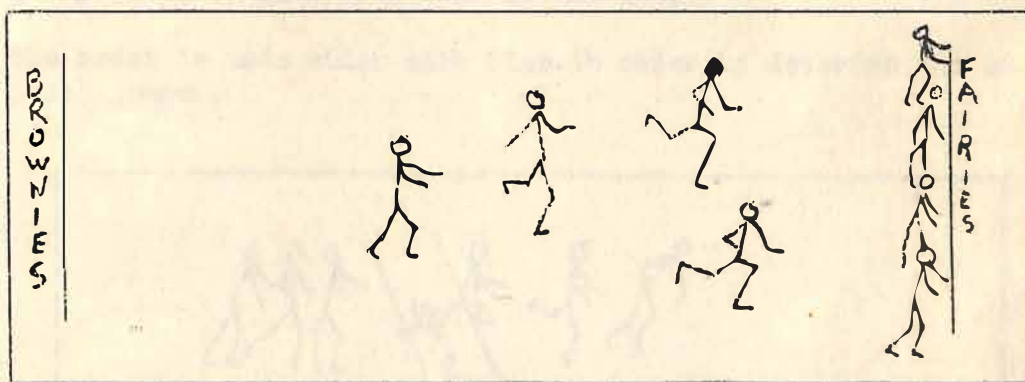
- Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - The children divide into two equal groups, forming two parallel lines, 20 to 40 feet apart. One group is called Fairies or Cops and the other group, Brownies or Robbers.

(Continued on page 6)

BROWNIES AND FAIRIES (Continued)

Game:- One group (Fairies) turn their backs to the other group (Brownies). The Brownies then move slowly and quietly toward the Fairies. When near enough the Leader calls out, "Look out, the Brownies are coming," and instantly the Fairies turn around and chase the Brownies back to their starting line, trying to tag as many as possible. When the Brownies are caught, they join the Fairies. This is repeated with the Brownies doing the chasing.

The game continues for a definite time and the side having the most players at the end is the winner.



CHASE THE ANIMAL AROUND THE CIRCLE

Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Circle
 Equipment: - Bean bags, balls, blocks, etc.

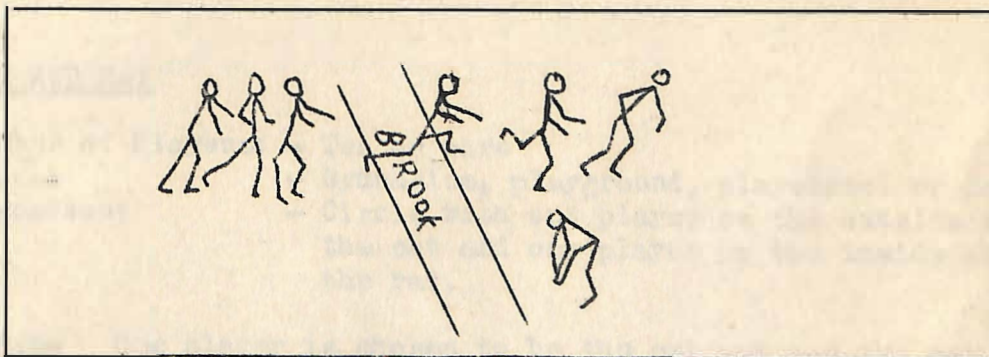
Game:- The leader starts an "animal" (a bean bag, ball or block) around the circle. The "animal" travels as fast as possible (is passed by the children) around the circle and back again to the leader. He then starts the "animal" around again, this time sending another "animal" around to chase the first one. The Children try to pass the second "animal" fast enough to catch the first and at the same time prevent the first from being caught.

CROSSING THE BROOK

- Number of Players: - Any number
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - In files. If the group is large it is advisable to divide it into smaller groups each with its own brook. Each group should have a responsible leader to regulate the speed of which one child follows another and to catch falling children.
 Equipment: - Draw two parallel lines on the floor to represent a brook.

Game:- The players form in line, run toward the brook and jump across. The children must jump completely over the brook or they will get their feet wet. If they do get their feet wet they must stand on the side and pretend to be drying them in the sun.

The brook is made wider each time in order to determine who is the best brook jumper.



CHARIOT RACE

- Number of Players: - Unlimited
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Groups of three; two horses and one driver.
 Equipment: - Rope, colored streamers or any material

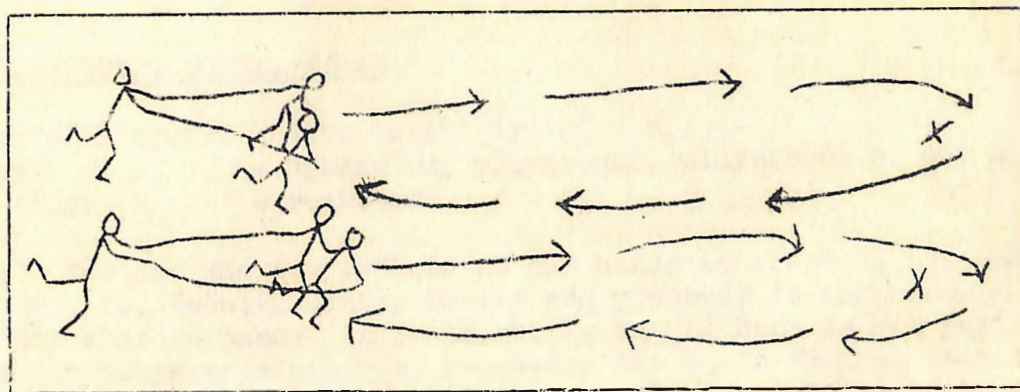
Game:- Two players join inside hands making a team. The third player acts as a driver. The team is driven by two pieces of rope or colored streamers; each horse holds one end of the rope and the driver holds the other ends. The team lines up at the starting line. At the signal "go" they race to the finishing line. The finishing line may be 25 or 30 yards straight ahead or in a circle. The team that finishes first wins.

(Continued on page 8)

CHARIOT RACE (Continued)

If the race is held on a smooth surface the rider may be on roller skates or standing in a soap box mounted on roller skates.

This relay can be made into a colorful and interesting activity for a circus, exhibition or gym show.



✓ CAT AND RAT

Number of Players: - Ten or more

Place: - Gymnasium, playground, playstreet or day camp.

Formation: - Circle with one player on the outside acting as the cat and one player on the inside acting as the rat.

Game:- One player is chosen to be the cat and one the rat. The others all form a circle and clasp hands. The cat stands outside of the circle and the rat inside. The game opens with a conversation between the cat and the rat. The cat says, "I am the cat." The rat says "I am the rat." The cat says "I will catch you." The rat says, "You can't." This last defiance is the signal for the race. The cat tries to get into the circle and the rat tries to evade him. Both may run in and out of the circle, but the players assist the rat by raising their hands to let him run under, and they try to foil the efforts of the cat by preventing his breaking through the circle. When the rat is caught, he joins the circle, and the cat becomes the rat. A new cat is chosen from the circle of players and the game continues.

✓ DO THIS - DO THAT

Number of Players: - Unlimited

Place: - Gymnasium, playground or classroom

Formation: - Circle, stagger, standing in aisles or seated at desks.

(Continued on page 9)

DO THIS - DO THAT (Continued)

Game: One player is chosen as the leader who assumes any position he desires at the same time giving the command "Do this." If a player follows the command of "Do that" he is either eliminated from the game or continues to play with a point scored against him. The latter is preferable with a small group of players. If elimination play is used, the remaining player wins the game and becomes the leader. Following are some popular imitations: jumping, skipping, hopping, dancing, washing, ironing, sewing, hammering, sawing, exercising.

✗ EENIE, WEENIE, COXIE, WAMIE

Number of Players: - Five to thirty
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Scattered

Game: The one who is "it" clasps his hands in front of him and says, "Eenie, Weenie, Coxie, Wamie" and proceeds to tag someone with his clasped hands. The one who is tagged becomes his partner. These two players join hands, repeating the words "Eenie, Weenie, Coxie, Wamie" and proceed to tag someone with their clasped hands. The next person tagged clasps hands with the first two. The tagged person must stand still and repeat the above words so all can hear him before he may tag anyone.

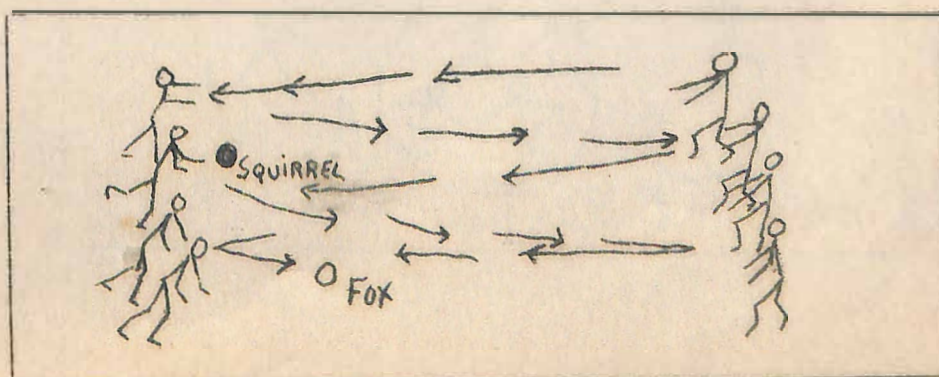
The game continues until one player is left who has not been tagged.

✓ FOX AND SQUIRREL ✗

Number of Players: - Twenty to sixty
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Two, or a multiple of two; lines facing each other.
 Equipment: - Bean bags.

Game: Pass or toss some article (squirrel) such as a bean bag, basketball or handball from one player across to another, zigzagging back and forth down the lines to be followed almost immediately by a second article (fox).

The object being to have the fox overtake the squirrel before the end of the line is reached.



FOLLOW THE LEADER

Number of Players: - Two or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Single file.

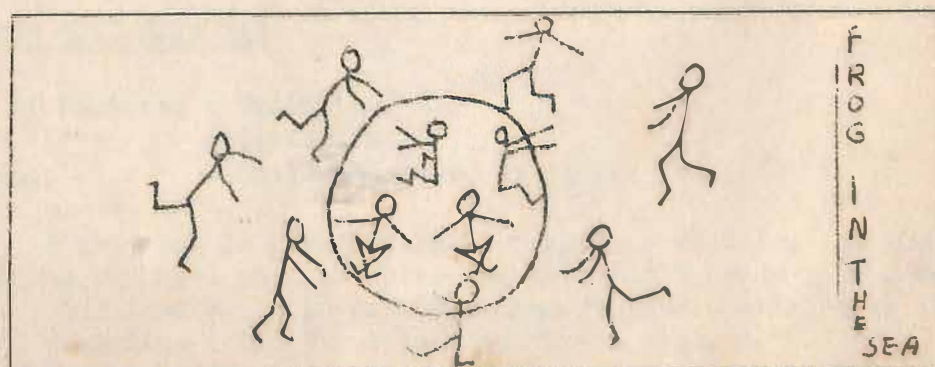
Game:- One player who is especially resourceful or skillful, is chosen as leader. The others all form a single file behind him and imitate anything he does. The leader aims to keep the line moving and sets hard tasks for them. He should go over and under obstacles, touch high points by jumping, and invent a variety of tasks as he proceeds.

FROG IN THE SEA

Number of Players: - Ten to thirty
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Circle with two to five players (frogs) sitting in the center with their feet crossed in Indian or tailor fashion.

Game:- The players forming the circle dance or skip close to the frogs and back, repeating the words, "Frog in the sea, can't catch me." The frogs try to tag any player. If a frog succeeds in tagging a player he changes places with him and the tagged player becomes a frog. The frogs are not allowed to move from their sitting position until they tag another player. The player who is tagged may sit in the circle with the frogs instead of changing places. The game continues until there is one player left to be tagged.

In dramatizing this game, the circle may be a sea, pond, brook, creek or river and the players outside of the circle may represent snakes, grasshoppers and animals who constantly tease the frogs.



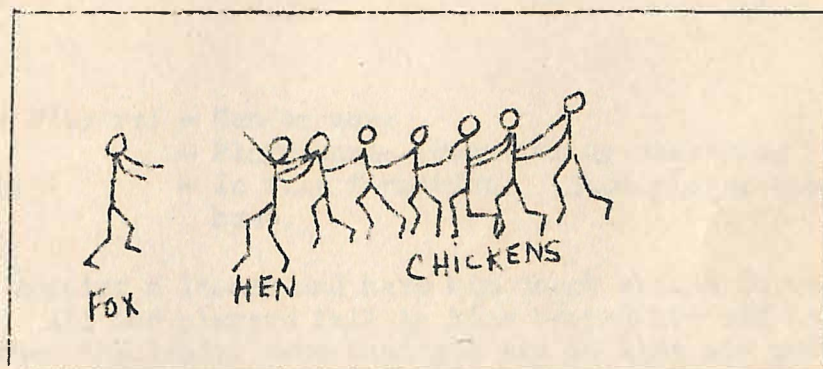
FOX AND CHICKENS

Number of Players: - Ten or more

Place: - Gymnasium, playground, playstreet or day camp.

Formation: - Line

Game:- One player is a fox, another the mother hen and the rest chickens who form a line behind the mother hen. The fox tries to tag the last chicken. The mother hen, with her line of chickens, tries to protect the last chicken by keeping the line facing the fox. When the chicken is tagged, he becomes the fox, and the fox becomes the mother hen.



GOOD MORNING

Number of Players: - Ten to thirty

Place: - Gymnasium, playground, playstreet or day camp.

Formation: - Circle.

Game:- One player is chosen to be "it." He runs around the circle, taps another player on the back and continues running. At the same time, the player who was tapped must run around the circle in the opposite direction. When they meet, they shake hands and say, "Good morning" and continue running back to place (space left vacant by the player who was tapped). The player who arrives last becomes "it" and the game continues.

HAND OVER HEAD BEAN BAG

Number of Players: - Unlimited

Place: - Classroom

Formation: - Children seated in single file.

Game:- A bean bag is given to number one in each file. At the signal "Go" all number ones pass the bean bag over their heads to the children behind. The last child in each row then runs to the front of the line with the bean bag. The first team to finish wins.

HAND TAG

Number of Players: - Ten to thirty
 Place: - Playground, gymnasium, or classroom
 Formation: - Circle, facing in.

Game:- One player is selected as the tagger. He stands in the center of the circle. The other players raise their hands forward, palms up. The tagger tries to slap a player's hand before it is withdrawn. The one tagged has a point scored against him. The player with the lowest score becomes the tagger.

HUNTSMAN

Number of Players: - Ten or more
 Place: - Playground, gymnasium or classroom
 Formation: - In file formation. Each player choosing his own home.

Game:- Appoint a leader and have him march around in any way he chooses. All the players fall in line behind him and march as he does. When the leader sees that all are in line and away from their homes, he calls "Bang" and each player scampers for his own home. The first one reaching home may be the next leader. Each leader starts the game by saying, "Who would like to go with me to hunt ducks?" (bears, rabbits, or other birds or animals).

I SAY, STOOP

Number of Players: - Unlimited.
 Place: - Playground or gymnasium
 Formation: - Circle, or in files, with hands on hips; leader standing in front of lines or in the circle.

Game:- The leader says "I say stoop," and immediately stoops herself and rises again in a courtsey. The players all imitate the action. When the leader says "I say stand," at the same time stooping herself, the players should remain standing. When a player makes a mistake he sits down. The game ends when one player is left standing. He becomes the next leader.

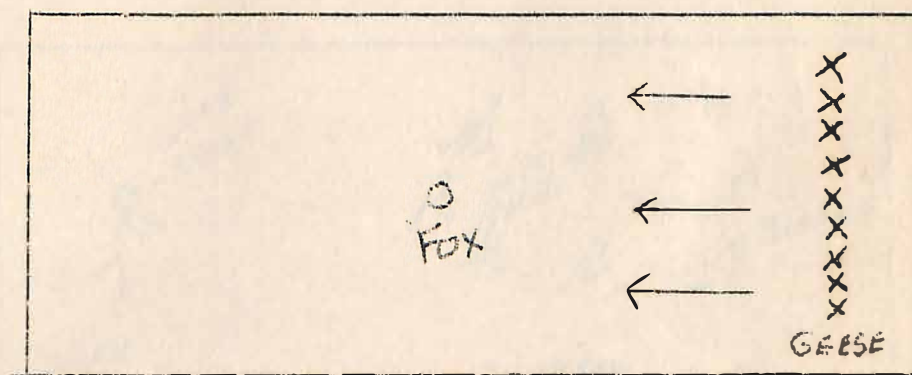
KENTUCKY FOX AND GEESE

Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Players stand in single line at one end of play space.

(Continued on page 13)

KENTUCKY FOX AND GEESE (Continued)

Game:- One player is chosen to be the fox and stands in the center of the play space. The rest of the players, who are geese, stand in the line at one end of the play space. The fox, facing them, calls, "Run geese, run," whereupon all the geese must run to the opposite end of the play space. All the geese who are caught by the fox, become foxes and assist in catching the geese the next time. The game continues until all are caught. The last one caught becomes the fox for the next game.



MIDNIGHT (TWELVE O'CLOCK AT NIGHT)

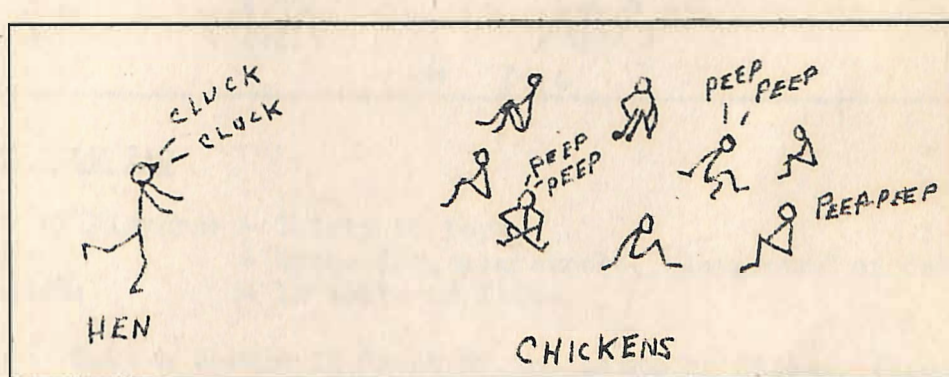
Number of Players: - Ten or more
 Place: - Gymnasium, playground
 Formation: - Two goals - fox's den and chicken yard.

Game:- One player is a fox, another the mother hen and the rest are the little chickens. The mother hen arranges the chickens in a compact group and then leads them up close to the fox's den and inquires, "If you please, Mr. Fox, what time is it?" If he replies any hour except midnight they are safe and may play about. The hen allows them to play a moment and then gets them together again. Standing between them and the fox the mother hen again asks the time. If he replies, "Twelve o'clock at night," they must run to the chicken yard. Anyone caught is taken to the fox's den. The remaining chicken becomes the fox.

OLD HEN AND CHICKENS

Number of Players: - Ten or more
 Place: - Gymnasium, playground
 Formation: - In any group formation

Game:- Choose a leader to be the old hen who leaves the group. All others sit with their heads bowed. The teacher touches four children on the head. Immediately they become little chickens. The old hen is recalled and when she says, "Cluck, cluck" the four wee chicks answer, "Peep, peep." The mother hen tries to locate them by sound. The chick discovered first becomes the old hen. The object of the game is to try to keep the mother hen from guessing which chick is answering.



RUN RABBIT RUN

Number of Players: - Ten or more
 Place: - Gymnasium or playground
 Formation: - Two groups - one the rabbits and the other the foxes. There are half as many foxes as rabbits at the beginning of the game.

Game:- Class lines up in two groups. One group, rabbits, are safe in their homes; the other group, foxes, walk through the woods. The old mother rabbit takes her young ones out to play in the sunshine and look for food. They go softly because they fear the fox family may discover them. Suddenly the leader of the foxes cries out, "Run, rabbit, run," at which all the rabbits try to reach their homes before they are caught. When caught, they assist the foxes in catching the remaining rabbits.

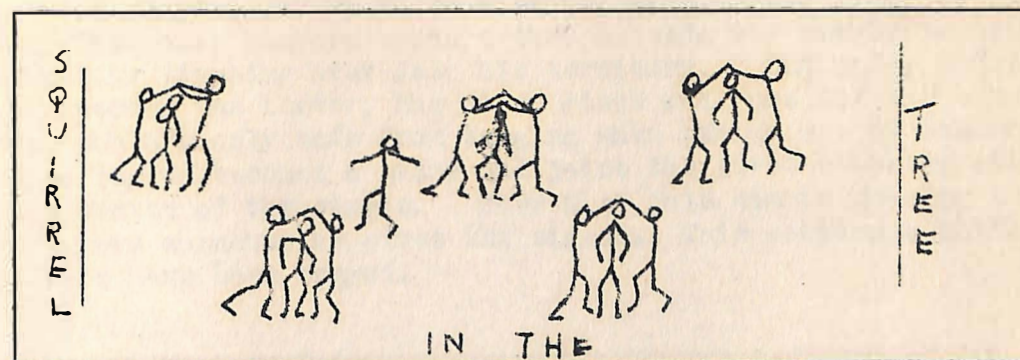
SQUIRREL IN THE TREE

Number of Players: - Eleven to one hundred.
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - In groups of two or three, with hands on each other's shoulders, forming a hollow tree. In the center of each tree is a boy or girl representing a squirrel. One odd squirrel is without a tree.

(Continued on page 15)

SQUIRREL IN THE TREE (Continued)

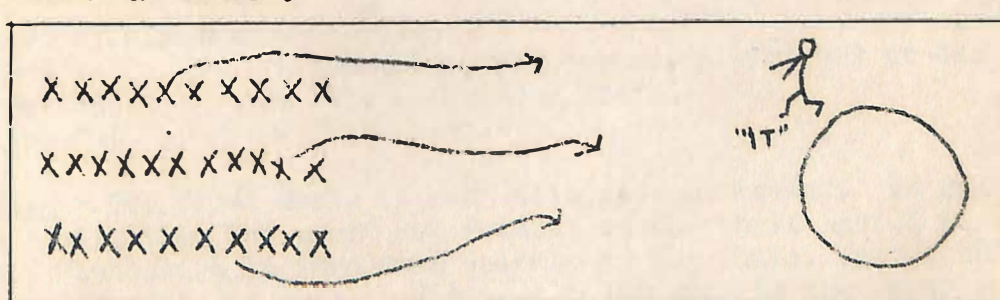
Game:- When the teacher claps his hands or calls out "Change," each squirrel leaves his tree, and runs to another tree. At the same time the odd squirrel tries to get a tree. The squirrel that is left without a tree is the odd one and the game continues. At certain intervals of the game the trees get a chance to be squirrels and the squirrels become trees.



SCHOOL ROOM TAG

Number of Players: - Thirty to forty
 Place: - Gymnasium, playstreet, playground or day camp.
 Formation: - In seats or files.

Game:- Make a circle in front of the desks or files. Choose a player to be "it." He stands near but not in the circle, and calls the names of three players. The player must rise and try to reach the circle without being tagged. He may run in any direction. The first one tagged is "it." He selects three new players and the game continues as before.



SQUAT TAG

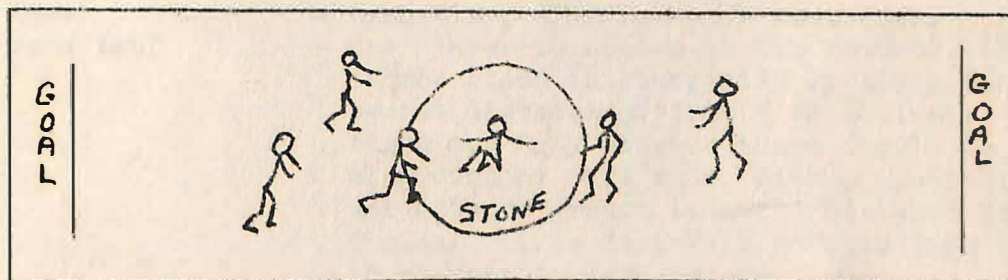
Number of Players: - Any number
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Scattered.

Game:- One player is chosen to be "it." He may tag anyone who is not in a squat position. For variety, the players may be asked to stand on one foot to avoid being tagged. If they fall or lose their balance, they may be tagged.

STONE

Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - A large circle drawn in the middle of the play space. A goal at either end of the ground.

Game:- One player, chosen to be a stone, sits on the floor of the circle. The other players stand around outside the circle taunting the stones by stepping over into his territory. Suddenly, and the more unexpected the better, the stone rises and runs for the other players, who are only safe from tagging when behind one of the goals. Anyone so tagged becomes a stone and joins the first stone in sitting near the center of the circle. They also join him in chasing the other players whenever he gives the signal. This continues until all the players have been tagged.

SCARF RELAY

Number of Players: - Unlimited
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - File - children seated.
 Equipment: - Chair, scarf

Game:- The first child in each file acts as leader. He runs to the chair, ties the scarf and returns to the child seated in back of him. That child in turn runs quickly to the chair, unties the scarf and returns to his seat. The next child runs to the chair and ties the scarf and runs back to the next child. The game continues in this manner and the team to finish first, wins the relay.

TOSS AND CATCH

Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Equipment: - Bean bags

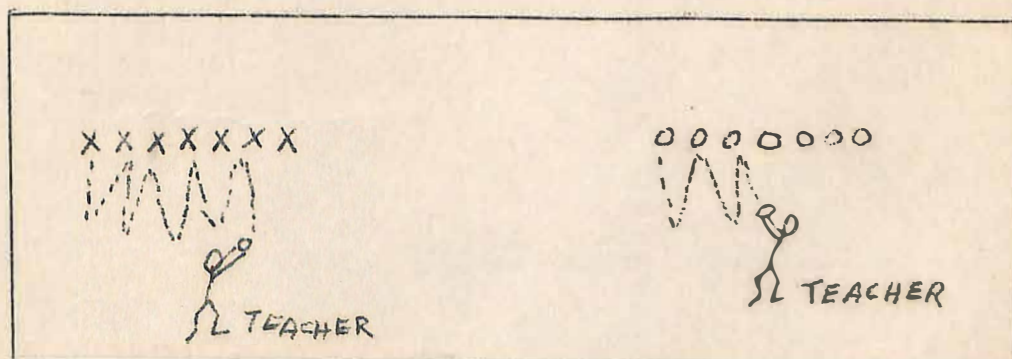
TOSS AND CATCH (Continued)

Game:- The purpose of this game is to teach little children how to throw and catch bean bags, as well as to provide recreation. If the class consists of no more than eight or ten, the teacher may play with the group. When a large number are participating appointed leaders should assist in the play. The teacher (leader) stands in front of her group (circle or row) and tosses the bean bag to each child, who in turn tosses it back. Teach tossing and catching with both hands, and tossing and catching with first one hand and then the other.

TEACHER AND CLASS

- Number of Players: - Five to sixty
 Place: - Gymnasium, playground or classroom.
 Formation: - One player is chosen as the teacher. The others stand in line, side by side, facing her at distance of from 5 to 20 feet. Where there are many players there should be several groups of this kind, with a distinct interval between groups to avoid mistakes or confusion. It is desirable to have from 6 to 10 players to each teacher.
 Equipment: - Bean bags, balls

Game:- The teacher starts the game by tossing the ball to each player in turn when it is immediately tossed back to her. The player who fails to catch the ball goes to the foot of the line. If the teacher misses, the player at the head of the line takes her place and the teacher goes to the foot of the line. The action should be as rapid as possible.



CHAPTER

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new Bean Bocce

BEAN BAG RING THROW

Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Single file
 Equipment: - Bean bags

Game:- The players divide into teams of equal numbers. A ring about 12 to 18 inches in diameter is drawn on the floor for each team. Players should line up in single file. The leader of each team toes a starting line about 10 or 15 feet from his circle. Each row has six bean bags. At a signal the leader of each line attempts to throw the bean bags, one at a time, into the circle, scoring one point for each bag that lands in the circle. On the line does not count. The player then scoops up his bags and runs back to his line handing them to the next player who should toe the line. At a signal the second line starts to throw. When all players have had their turn, points are added up and the team with the highest score wins the relay.

Variations:- When the first player scoops up his bean bags he hands them to the second player who starts throwing immediately. The first team that finishes is awarded five extra points in addition to the total score.

BLUE AND WHITE

Number of Players: - Ten to one hundred
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Scattered
 Equipment: - A flat disc

Game:- One player is the leader. The rest are divided into two equal teams. The players on one team tie their handkerchiefs on their arms to signify they are members of the White team. The other group is the Blue team. The leader has a flat disc which white on one side and blue on the other. He stands to one side and displays the disc so that only one side shows. If the white side shows, the Whites may tag any Blue who remains standing. Before the leader shows the disc, the Whites and Blues are to mingle indiscriminately with one another. If the blue side shows, the Blues are to tag the Whites. Do not permit children to drop out. Count the number of tags or players tagged, and have them join the other team. The team with most tags or most players, after a definite time, wins.

BULL IN THE RING

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Circle. One player in the center.

Game:- All but one of the players stand in a circle with hands firmly clasped. The odd player stands in the center and is the bull. The bull tries to break through the ring by parting the hands of any of the players. If he breaks through, the two players whom he has parted chase him and the one who catches him becomes the bull.

Variation:- In cold weather it is best to have the whole group chase the bull.

CATCH OF FISH

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - A line is drawn at each end of the playing area behind which two equally numbered teams stand. The players in one team clasp hands to represent a net. The other team is the fish.

Game:- At a signal both teams advance toward the center of the playing area, which represents a stream. The fish try to avoid being caught in the net. They do this by trying to go around the ends of the net. The net should enclose any fish that it catches. Fish so caught may not break apart clasped hands forming the net, but may escape only through the opening where the two ends come together. Should the net break at any point, all fish are allowed to escape, and the game starts all over. Fish caught in the net are counted. For a large number of players it is better to have two small nets.

CIRCLE RACING

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Circle. Each player well apart from the next, facing counter-clockwise.

Game:- At a signal, all run, keeping the circle, but each player attempting to pass the runner in front of him who tries to tag him. Those who are tagged drop out. The last one remaining, wins.

CIRCLE RELAY

Number of Players: -- Ten or more
 Place: -- Gymnasium, playground, playstreet or day camp.
 Formation: -- Two or more circles same number in each. Each player marks his standing place on the ground.

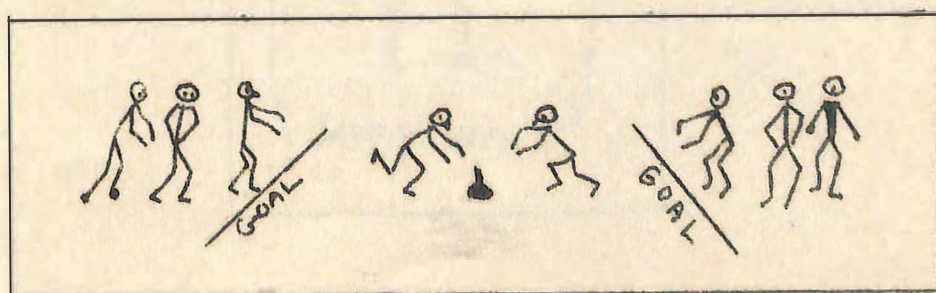
Game:- Each team has a captain. On the signal to go, the captain of the team runs around the circle, to the right, and back to his place. Upon reaching his place he touches the next player to the right who repeats the run. This is continued until all have run. The last player tags the captain, who raises his hand, signifying all have run. The team that finishes first wins.

Variations:- 1. Hop, skip, slide, backward run, all fours, etc., around the circle. 2. Weaving in and out of the players, around the circle. 3. Call number - number called runs. The first to finish wins a point for his team.

CLUB SNATCH

Number of Players: -- Ten to sixty
 Place: -- Gymnasium, playground, playstreet or day camp.
 Formation: -- Single file. Goal line at ends of playing space, with Indian club midway between lines. On each line, in line with club, is the starting position.
 Equipment: -- Indian club

Game:- The players are in equal groups, each group on a goal line. Each member of a team is numbered consecutively and the other team correspondingly. When a number is called out, the player from each team, bearing this number, runs forward to the club and tries to snatch it away and get back to his line without being tagged by the other. If the club is carried back safely a point is awarded to the team. If the club carrier is tagged, the point goes to the other team. The object of this game is to try to snatch the club and return safely. If one player snatches the club, his opponent tries to tag him before he returns to his goal line.



CORNER SPRY

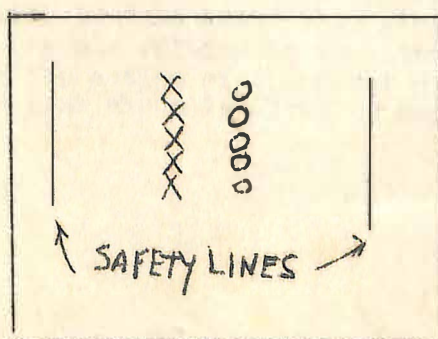
Number of Players:- Ten to sixty
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single file
 Equipment: - Balls, bean bags

Game:- The players are divided into four groups, one stationed in each corner of the playing area. Four captains stand facing their groups, each one holding a bean bag. The captain throws the bean bag to each player in his corner, who returns it. As he throws to the last one, he calls "Corner Spry" and runs to the head of the row, the last player becoming captain. The group that first succeeds in having all its players in the captain's position, wins.

CROWS AND CRANES

Number of Players:- Fifteen or more
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Two lines of players, the same number in each line, back to back, about a yard apart.

Game:- One line is the crows, the other cranes. If the teacher calls, "CRANES!" the cranes rush forward about 50 feet across a safety line. The crows turn and chase them, trying to catch as many as they can. If any are caught they become crows. If the teacher calls, "Crows!" the play is reversed. The side having the most players left at a set time, wins.



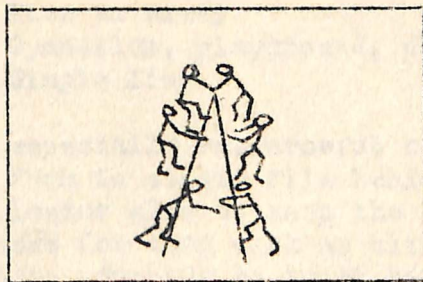
DITCH PULL

Number of Players:- Ten or more

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Two parallel lines, two feet apart.

Game:- Players are in two teams, one team on each line. At a signal they lean over and try to pull an opponent across the ditch. Team mates may assist one another in pulling. At the end of three minutes the side with the most men remaining, wins.



FETCH AND CARRY

Number of Players:- Ten to sixty

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Single file

Equipment: - Bean bags

Game:- Each file is provided with a bean bag. A circle fifteen inches in diameter is drawn in front of each file about 10 or 15 feet away. At the signal the first one in each file runs forward, places his bean bag in the circle and runs to the back of the line. As he passes the second player in line he tags him. This player runs to the circle, picks up the bean bag and returns to the line handing it to the third player who repeats the action of the first player. This continues until all have run. The team which is first in having all its men run, wins.

FLOOR TAG

Number of Players:- Twenty to thirty

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Circle

Game:- Players form a circle, placing right or left hand on the floor as leader indicates. Player who is "it" stands in the center. At a signal the players stand and move about promiscuously. "It" attempts to tag them before they can get their hands to the floor. Anyone who is tagged becomes "it" and the game continues.

FOLLOW THE LEADER

Number of Players:- Five to sixty

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Single line

Game:- One player, especially resourceful or skillful, is chosen as leader. The others form in single file behind him and imitate everything he does. The leader aims to keep the line moving and sets particularly hard tasks for them such as climbing or vaulting over obstacles, under others, jumping to touch high points, performing difficult feats, hopping, skipping, jumping, walking backward, turning around while walking, or inventing tasks as he proceeds.

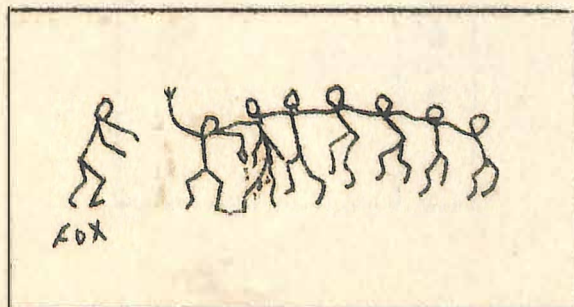
FOX AND GEESE

Number of Players:- Ten to thirty

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Single line

Game:- One player is chosen to be fox and another gander. The remaining players stand in a single file behind the gander, each with his hands on the shoulders of the one in front. The fox tries to catch the last goose. The gander tries to protect his flock of geese by spreading his arms and dodging. Only the last goose in line may be tagged by the fox. If the line is very long, the last five or ten players may be tagged. Should the fox tag the last goose, that goose becomes fox, and the fox becomes the gander.



HILL DILL

Number of Players:- Ten to thirty

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Two parallel boundary lines are drawn from thirty to fifty feet apart; or the game is often played between curbs which serve as boundaries.

Game:- One player is chosen to be "it" and stands in the center. The other players divide into two teams beyond the boundary lines, one team on each side. The "it" player calls out, "Hill Dill, come over the hill!" The players then exchange goals and as they run across the open space the one in the center tries to tag them. Anyone who is tagged assists him in tagging the others. This is continued until only one player is left to be tagged. That player usually becomes "it" for a repeat game.

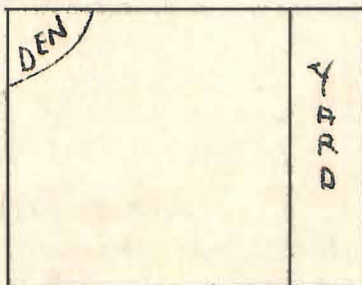
LAME FOX AND CHICKENS

Number of Players:- Ten or more

Place: - Gymnasium, playground, playstreet or day camp

Formation: - Group

Game:- One player is the fox and stands in a den marked off at one end of the playing area. The rest are chickens and have a "yard" at the other end. The chickens advance as much as they dare toward the den, and call "Lame Fox, can't catch anybody." The fox can take but three steps beyond his den, when he must commence hopping on one foot. All tagged go home with him. The fox may hop on one foot and then the other alternately, but if he should put down both feet, the chickens may drive him home. The last chicken caught becomes the new fox.



NUMBERS CHANGE

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Circle

Game:- Players stand in a large circle, numbered consecutively. A player in the center calls out two numbers. While these two try to change places, the center player watches for his opportunity to slip into one of the vacant places. The one left without a place becomes the center man. In a classroom, children may play in their seats.

RING CALL BALL

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp
Formation: - Circle
Equipment: - Small ball or bean bag

Game:- The players form a circle with one in the center, who throws a ball in the air, at the same time calling the name of one of the players. The one called must run forward and catch the ball before it has bounced more than once. If he catches it, he returns to the circle. If not, he exchanges places with the thrower.

ROUND BALL

Number of Players: - Sixteen or more
Place: - Gymnasium, playground, playstreet or day camp
Formation: - Two circles
Equipment: - Two basketballs, dumbbells, or blocks of wood.

Game:- Divide group into two circles, each with a captain, who has a ball. At the signal, each captain passes the ball to the player on his right, who passes it on until it comes back to the captain again. When he gets it, he calls out "One" and, without delay, passes the ball on. This repeats until one captain calls out "Five", signifying the winner.

SIMON SAYS

Number of Players: - Five or more
Place: - Gymnasium, playground, playstreet or day camp
Formation: - In files

SIMON SAYS (Continued)

Game:- The leader stands where he can be seen and heard by all. He gives a command, which if preceded by "Simon says," is executed by all. If not preceded by "Simon says," the command must not be obeyed. Example: "Simon says hands on hips place." The leader and whole group place hands on hips. If the leader should say "Trunk to left, bend," anyone assuming that position has made a mistake and must sit down. The leader should do all the exercises and may even do different exercises than he commands. The players are to follow the verbal command, only when preceded by "Simon says." The last player to remain standing is the winner and becomes the next leader.

SPIDER

Number of Players: - Five or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Circle
Equipment: - Sharp-pointed stick, Indian club, bottle or any similar object.

Game:- A hand holding circle is formed around the stick, which has been driven into the ground. The object is to knock over the stick by pushing and pulling. The one forced to do it, is the "spider" and it is up to him to catch the rest, who run away to any part of the specified play area. When a player is caught he becomes a spider and helps to catch others. The game continues until only one player is left to be caught.

STILL POND ALL FROZEN

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Scattered

Game:- One player is chosen to be "it," then blindfolded. He is led to the center of the playing area and turned around once to confuse his sense of direction. He then says, "Still pond, all frozen," whereupon the other players must stand still, being allowed only three steps thereafter. The blindfolded player gropes for the others. When he catches one, that person becomes "it" is blindfolded and the play continues.

THE FARMER AND THE CROW

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Single file
Equipment: - Bean bags

Game:-- Two teams are chosen. The first player in the file is a farmer, the second a crow and so on through the team. The farmer plants seeds, (bean bags or other suitable small objects) two feet apart, along a straight line. He then returns and touches off the crow, who hops over each seed to the end of the line, turns around, changes to the other foot and hops back, picking up the seeds on the way. They are handed to the next farmer who "plants" them and the next crow gathers them and so on until all on each team has had a turn. The team finishing first is the winner.

THREE BROAD

Number of Players: - Twenty or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Partners of two

Game:-- This game is similar to "Three Deep." Instead of the pupils being in groups behind one another, they are side by side and scattered all over the playing area. There is a runner and a chaser. The runner is safe when he joins a group of two. The one on the other side then becomes the runner. When a runner is tagged, he changes places with the chaser.

Variations:-- Partners stand side by side with locked inside elbows and outside hands on hips. One player is "it." He tries to hook on to a player's outside arm. If he succeeds, the original partner becomes "it" and runs around trying to grab the outside arm of some other player. The partners dodge, twist, turn and run away to prevent "it" from hooking on.

CHAPTER

5

NOVELTY RELAYS

BOAT RACE

Number of Players: - Twelve or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Single file - couple

Game:- First player sits on the floor, back to racing course, (line of direction) knees raised, feet flat on the floor. The second player sits on the feet of number one and places his feet under number one, enabling number one to sit on the feet of number two. They then place their hands on each others shoulders. At the signal, number one leans forward with the weight on his own feet. Number two straightens his knees and slides his feet along the floor, carrying one along with him. This movement is alternately repeated by one and two. In double movement, the boat progresses. The first team down and back wins.



CALL NUMBER BALL IN BOX

Number of Players: - Ten or more
Place: - Gymnasium or playground.
Formation: - Single file formation
Equipment: - Basketball in box or basket about 15 feet away.

Game:- The number called runs, takes the ball out of the box, dribbles to the basket, takes a shot, returns the ball to the box and runs to his line. First player in line receives a point for his team.

Variations: 1. Take only one shot and return. 2. Shoot until one basket is made. 3. Take three shots, receiving a point for each basket made and a point for the first to return. 4. Relay - all number ones start at the same time, touching off number twos when they finish, etc. The team finishing first wins (if only one shot is taken) or five points are given to the team finishing first in addition to points scored on the baskets made (if three shots are taken).

CAP TRANSFER RELAY

Number of Players: -- Any number
Place: -- Gymnasium, playground, playstreet or day camp.
Formation: -- Shuttle
Equipment: -- Sticks, caps

Game:- The first player runs with the cap on the stick around the other file of the shuttle formation, deposits the cap on the stick of the first player, who does the same to the second player, etc. The team finishing first wins.

CHOO-CHOO RELAY

Number of Players: -- Ten or more
Place: -- Gymnasium, playground, playstreet, or day camp.
Formation: -- Single files

Game:- Each player in file grasps the waist of player in front. At a signal the whole file runs down and around a number of chairs and back to place. The team regaining the original position first wins. If at any time during the race a player or players separates from the team, (releasing grasp of player in front) the team automatically loses.

CENTIPEDE BOAT RACE

Number of Players: -- Fifteen or more
Place: -- Gymnasium or playground
Formation: -- Single files

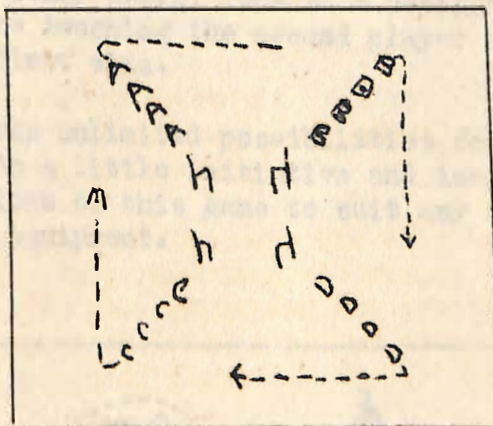
Game:- The players in each file face the rear. Standing close together they bend their knees slightly and place hands around waist of one in front. One player acts as coxswain and faces the front. At the signal the players run backward to a designated point and back to original place. The player acting as coxswain cheers the crew, keeps them in step and steers a straight course. Team finishing first wins. If any player breaks contact with the one in front of him, his team automatically loses.



CORNER RELAY

Number of Players: - Sixteen to forty
 Place: - Gymnasium, playground or day camp
 Formation: - Four files, one in each corner of playing area,
 a chair in front of each file.

Game:- The first player in front of each chair runs outside the four corners and back in place, touching the second player who does the same, etc. the team finishing first wins.



CRAWL UNDER RELAY

Number of Players: - Ten to one hundred
 Place: - Gymnasium or playground
 Formation: - Single files
 Equipment: - Pole or string

Game:- Two players hold a pole or string at a set distance from the files. First player of each file runs, crawls underneath the pole, runs back and around the file tagging the second player who does the same, etc. The team finishing first wins.

Variations:- Run, crawl underneath pole, jump over pole and return. Run, jump over pole, crawl underneath pole and return.

DONKEY RELAY

Number of Players: - Any number
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single files

Game:- The first player travels on all fours to a designated spot on the floor. There he imitates a donkey kick and bray, travels back touching the second player who does the same, etc. The team finishing first wins.

DO ALL RACE

- Number of Players: - Twelve or more
 Place: - Gymnasium or playground
 Formation: - Single files - Two players about 15 feet apart in front of files, one on all fours, the other standing with feet apart. Two chairs about 15 feet apart.
 Equipment: - Chairs

Game:- At the signal the first player in each file runs to the player on all fours and jumps over his back, crawls under the legs of the player who is standing with his feet apart, hops around one chair, runs backward around the other chair, runs to a designated point and does a duck walk back to line touching the second player who repeats, etc. The team finishing first wins.

This relay affords unlimited possibilities for interesting and enjoyable variations. With a little initiative and imagination the game leader can make variations of this game to suit any age, group, size or space, with or without equipment.



FOLD AND CARRY

- Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single file - chair about 20 yards from each file
 Equipment: - Folding chairs

Game:- First players runs to the chair, folds the chair and carries it to the second player who runs with the folded chair to the original position of the chair and opens it, places it on the floor and runs back touching the third player who continues the same way, etc. The team finishing first wins.

HONEYMOON DRESS RACE

Number of Players: - Ten to fifty
Place: - Gymnasium or playground
Formation: - Single files - two suitcases to each file; a girl's dress and hat in one and a man's pants and coat in another. Each file divided in pairs, one boy and one girl.

Game:- At the signal the first couple in each file runs to a designated spot on the floor, the boy carrying the two suitcases. (He and his wife are supposed to be running for a train). When they arrive at their destination the boy puts on the girl's clothes and the girl puts on the man's clothes. They then undress, put the clothes back in the suitcases and run back to line, giving the cases to the second couple who do the same, etc. The first team to finish wins.

HUMAN HURDLE

Number of Players: - Any number
Place: - Gymnasium, playground, playstreet or day camp
Formation: - Single files, two players on all fours placed ten feet apart.

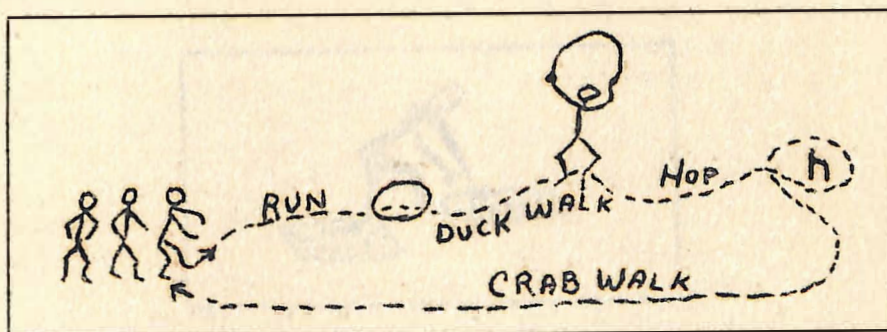
Game:- First player in each file hurdles the two players on the floor, runs around a designated point, changes places with first player on all fours, who changes with second player on all fours. This player runs back to file touching the next player in the file who does the same as the first player. The team finishing first wins. At the end of the race each player will have had a chance to hurdle the two human hurdles and also act as a human hurdle himself.

MEDLEY RACE

Number of Players: - Any number
Place: - Gymnasium or playground
Formation: - Single files - equipment placed on the floor about 15 feet apart in front of files.
Equipment: - Hoop, rope, chair

MEDLEY RACE (Continued)

Game:- First player runs to the hoop, crawls under, duck walks to the rope, jumps rope ten times, hops on both feet to and around the chair, crab walks back to next player who repeats, etc. Team finishing first wins.



MEDLEY SHOE RACE

Number of Players: - Ten to twenty
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Straight line

Game:- Players run to a given line and take off shoes. They run a medley race and back to the shoes. The first to put his shoes on and return to place wins. While they are racing someone hides their shoes or ties knots in the laces.

NEWSPAPER RACE

Number of Players: - Ten or more
 Place: - Gymnasium, classroom, playground, playstreet or day camp
 Formation: - Single file
 Equipment: - Newspapers or cardboard

(Continued on page 34)

NEWSPAPER RACE (Continued)

Game:- The first player receives two sheets of newspaper. He walks to a designated place on the floor, walking only on the papers; after each stop the paper must be moved forward. He then runs back to line handing the paper to the next player who does the same, etc. The team finishing first wins.



OBSTACLE RELAY

Number of Players: - Ten to one hundred
 Place: - Gymnasium or playground
 Formation: - Single files - chairs, benches, mats, apparatus, etc. placed around the floor.

Game:- The first player in each file walks around, under or through the various objects on the floor and back to place touching the second player who does the same, etc. The team finishing first wins.

POTATO SHUTTLE RELAY

Number of Players: - Sixteen or more
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Shuttle
 Equipment: - Blocks, bean bags or any small object placed a foot apart between the shuttle formations.

Game:- The first player runs up and takes the blocks, one at a time to the first player (his team mate) on the opposite side of the shuttle formation, who takes the blocks, one at a time, and puts them back in place on the floor. He then touches the second player who repeats the procedure, etc. The team finishing first wins.

ROLL OVER RELAY

Number of Players: - Any number
 Place: - Gymnasium, or playground
 Formation: - Single files - about 15 feet away, a mat placed on the floor and about 15 feet away from mat, a chair.
 Equipment: - Mat and chair

Game:- The first player in each file runs to the mat, does a forward roll, runs to and around the chair, runs back to the mat, does a back roll and runs back to place, tagging second player who does the same, etc. The team finishing first wins.

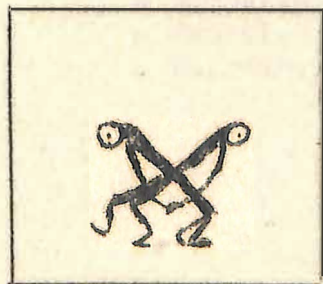
Variations:- Run, hop, skip, crawl, four legged, crab walk, etc., around mat, or do various stunts on the mat.

SIAMESE RELAYS

Number of Players: - Twelve or more
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single files - two or more teams

Game:- Each team divided into couples. The couples face back to back, trunks bent forward and hands clasped between legs. In that position run to a specific place and back without turning. The next couple do the same, etc. Team finishing first wins.

Variations:- There are many interesting and enjoyable variations to this relay. The following are examples of what can be done: 1. Same starting position as original relay. The couples run sideward (side stepping) instead of forward and backward. This variation is really a stunt. It requires closer cooperation and rhythmical movements. 2. Partners facing back to back and locking elbows. In this position run to a designated spot and back without turning. 3. Same starting position as 2. Player facing line of direction bends forward, supporting partner on his back. Run to designated spot, change positions and return. In all the above instances the clasped hands or locked elbows must not be broken or separated. If separated, the team automatically loses.



SIX DAY BIKE RACE

Number of Players: - Any number
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Circle, children counted off in fives.

Game:- All number ones run around the circle and try to get ahead of the others. If anyone is passed he must drop out and sit down. At the whistle they run the other way. The idea is to blow the whistle when one is about to pass the other. This continues until one player is left. He gets a point for his team. Then all number twos have their turn to run around, then threes, etc. When all members have had their opportunity to run, the team having the most points wins.

SKIN THE SNAKE

Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp.
Formation: - Single files

Game:- Each player bends forward and reaches back with the right hand between the legs, at the same time grasping with the left hand the right hand of team mate in front. At the signal, the last one in line lies down on his back, feet together, but still retaining his grasp of his team mate's hand. At the same time the whole file walks back and lies down in turn. The last one to lie down rises quickly, runs forward straddling the line of his team mates and pulls the others to their feet. Team finishing first wins.

This relay should be taught, first, as a stunt. When the players learn how to do it well, it is then played as a relay. This relay is excellent as a precision drill, exhibition or show.

SPORTS RELAY

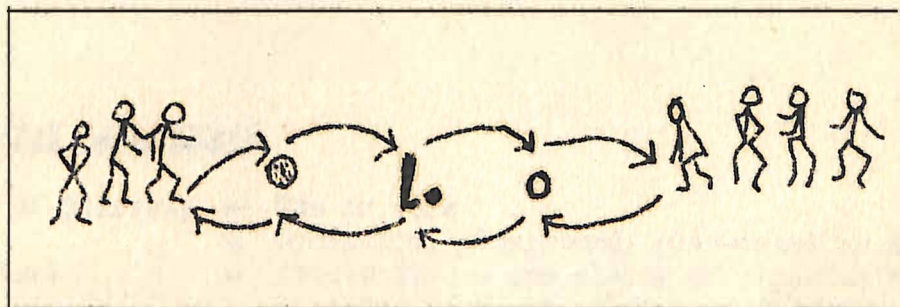
Number of Players: - Any number
Place: - Gymnasium and playground.
Formation: - Shuttle - equipment 10 feet apart.
Equipment: - Basketball, hockey stick and puck, soccer ball.

(Continued on page 37)

SPORTS RELAY (Continued)

Game:- First player runs to basketball, dribbles to the hockey stick and puck, places ball on floor and hockey dribbles to the soccer ball, soccer dribbles to first player in the shuttle formation who repeats the same, dribbling back to second player, etc. The team finishing first wins.

Variations:- This is an excellent relay that may be used to develop fundamental skills leading up to sport activities. Almost any piece of sport equipment can be used. The relay may also be played in a single file, circle, open or zig-zag formation.



SQUARE CHAIR RELAY

Number of Players: - Twenty to eighty
 Place: - Gymnasium or playground
 Formation: - Four files - one in each corner of the room,
 a chair in front of each file, players sitting.

Game:- The last player in each line stands, runs in between each player (weaving) and completely around the chair, then back to place touching the next player who does the same, etc. The last player to run sits on the chair instead of running around it. The first team having its last player sit on the chair wins.

Variations:- Players run completely around their own file instead of weaving. Players run completely around the room passing all files, returning and touching the next player who does the same, etc.

TUNNEL RELAY

Number of Players: - Any number
 Place: - Gymnasium, playground, playstreet or day camp.
 Formation: - Single files - tunnel formation

TUNNEL RELAY (Continued)

Game:- The first player crawls under a tunnel made by the players bending over touching hands to floor. He runs to a designated spot and back jumping over the bended players in leap frog fashion. The second player does the same, etc. The team finishing first wins.

Variations:- Crawl underneath first player in file, leap frog over the second, under the third, over the fourth, etc., (over and under).

Crawl under first player, over second, around third, etc., (over, under and around).

THROW-AWAY CALL NUMBER

- Number of Players: - Ten or more
Place: - Gymnasium, playground, playstreet or day camp
Formation: - Single file - one player of opposing team (thrower) standing in front of his opponents' line.
Equipment: - Basketballs

Game:- The throwers take turns calling a number. When the number is called the throwers throw the ball anywhere on the court to make the opponent lose time. When the respective numbers get the ball they dribble to the basket and take a shot. Two points given for each basket made, one point for first in line.

Variation:- Rubber balls, bean bags, etc., may be used instead of basketballs. The game is played the same except no attempt is made for a basket. (numbers called run for the object and return it.

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TRIANGLE CLUB RELAY

- Number of Players:- ~ Any number
Place: ~ Gymnasium or playground
Formation: ~ Single files - triangle formed with equipment at
at a distance from starting line.
Equipment: ~ Three Indian Clubs, chalk marks, blocks or anything handy.

Game:- First player runs to the triangle, circles the end club, hops around the center club and then walks backward around the other end club and four-legged walks back to place, tagging next player, etc. Team finishing first wins.

Variations:- A separate triangle may be used for each team or one for all teams. The movements may be changed to hop, skip, jump, crawl, three-legged, crab walk, duck walk, stiff legged and almost any type of locomotion imaginable.

UNDER-OVER-UNDER AND AROUND RELAY

- Number of Players: ~ Any number
Place: ~ Gymnasium, or playground
Formation: ~ Single files - equipment about 15 feet apart in front of files
Equipment: ~ Mat and two players fifteen feet apart in line with mat.

Game:- First in each file crawls under astride legs of players in his file, runs to the mat and does a forward roll, crawls under the legs of a player (15 feet from the mat), runs around another and back to place, tagging next in line who immediately does same, etc. First team finishing wins.

UNDRESSING AND DRESSING RELAY

- Number of Players: ~ Ten or more
Place: ~ Gymnasium, playground, playstreet or day camp
Formation: ~ Single files

Game:- First player runs to a given line and takes off shoes, runs to another line and leaves stockings, runs around a designated spot on floor and puts stockings on, then shoes on, runs back to place and touches the second player in line who does the same. First team finishing wins.

WAND TOSS-UP

- Number of Players: - Ten or more
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single files
 Equipment: - Wands, broom handles or sticks

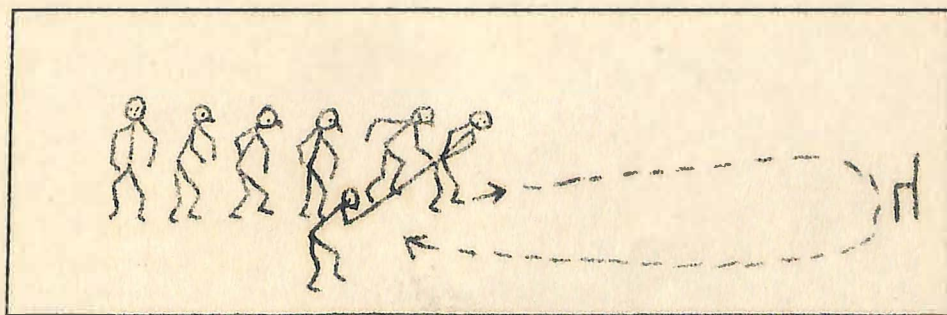
Game:- First player holds wand horizontally above his head. At the signal he passes the wand over his head to the next player who passes the wand over his head, etc. The last player runs to a designated spot, returns to the front of the line passing wand over his head to the next player, etc. The team finishing first wins.

WAND UNDER LEG RELAY

- Number of Players: - Any number
 Place: - Gymnasium, playground, playstreet or day camp
 Formation: - Single file
 Equipment: - Wand, stick or broom handle.

Game:- First player runs with wand to a designated spot and back. He then hands the wand to the second player both one and two run past the line carrying the wand under the feet of those in line; about ankle high. No. 2 then takes the wand and runs to spot and back handing it to the third player, who does the same, etc. The team finishing first wins.

While one and two are running with the wand, past the line, all players in the line must jump high to prevent being hit with the wand.



CHAPTER

6

ANNOTATED BIBLIOGRAPHY OF BOOKS ON GAMES

GAMES

by

Jessie H. Bancroft

This book is an excellent reference book which contains the most popular games of the country and includes many outstanding games of other countries.

It aims to be a practical guide for the recreation teacher and hence it is highly recommended to all those whose work is in the recreation field.

In the classification of the games under each of the main divisions chosen, such as miscellaneous active games, singing games, and track and field events, the material is presented in an alphabetical arrangement, in order to facilitate ready reference.

In short, the book aims to bring together all related material for making it easily accesable and easily understood.

THE PHILOSOPHY OF ATHLETICS

by

Elmer Berry

Physical education has become an important subject of the day. From the Greeks to the present it has had some position of importance in our scheme of education. It is the belief of many psychologists and general educators that big-muscle activity is fundamental and that there is a psychology of basic importance in general education.

Athletics as carried on in our educational institutions are more than simple play or recreation on the one hand and very different from physical labor on the other, although they have many of the characteristics of both. Physical education today consists of several groups of highly specialized activities.

The psychological basis for athletics lies essentially in big-muscle activities and the essential emotions.

The fundamental thing that stands out as needed to secure better and more general ethical results from athletics is an improvement in athletic administration. Definitely organized campaigns of sportsmanship should begin in junior high school and extend to all fields of athletics and any field of recreation.

THE THEORY OF ORGANIZED PLAY

by

W.P. Bowen and Elmer D. Mitchell

This book gives the background and physiological information necessary for a recreation teacher to know. It tells of the play spirit developed through the ages from earliest civilizations and the natural instincts to the present day; of development in recreation in the various countries of the world, including the United States. It also gives in detail the history of the Boy Scouts, Girl Scouts, Campfire Girls, and similar organizations.

Also included is material on the plans, layout and construction of a playground and information on equipment.

For the recreation leader this book covers the fundamental phases thoroughly and should be included in the Library of every teacher in the field.

PARTNERS IN PLAY

by

M. J. Breen

"Partners in Play" contains a number of activities for older boys and girls, such as dancing, dramatics, games for mixed groups, hikes, crafts, music and socials.

It also contains an excellent discussion of the psychology for recreation in mixed groups. The recreation center becomes a congenial meeting place for both sexes where joint activities are conducted and the management and coordination of the center must be handled by persons well trained in this field, or the whole venture will be a failure.

There is much valuable material contained in this book and a great deal of information concerning planning of group activities to the greatest advantage of the individual.

SUCCESSFUL STUNTS

by

Katherine Ferris

This book consists of stunts used successfully by groups of young people and gathered together by the author.

Most of these need no formal preparation. Some may be more successful with a minimum amount of preparation and still others, with the imagination and ingenuity of the players, may be developed into more elaborate affairs.

The stunts deal with history, royalty, fairy tales and include some pantomime.

At the back of the book may be found a directory of stunts and their sources, suggestions for stunts and materials upon which original stunts may be built.

GAMES FOR HOME, SCHOOL and PLAYGROUND

by

William Byron Forbush

This book contains several hundred games for school and playground, most of which can be played without much expenditure on equipment.

There are games both active and quiet for children of various ages, and it is an invaluable aid to the recreation leader. It not only includes some of the old games familiar to most children, but a great many new and interesting games which will be a delightful change both for the children and the leader.

TEAM SPORTS FOR WOMEN

by

Alice W. Frymer

and

Marjorie Hillis, M.A.

With a chapter each devoted to baseball, basketball, hockey, soccer, spud ball and volley ball, the authors of "Team Sports for Women" give us an analysis of each game, presenting the salient points in their simplest terms.

Fundamental skills and simple team tactics are outlined as each chapter covers:

- General statement of games
- Individual techniques
- Individual defensive tactics
- Team offensive and defensive tactics

Simple diagrams of line-up and suggested position plays, as well as general playing fields are also given.

General chapters on officiating and methods complete this very excellent text for teachers of the average junior and senior high school groups.

HANDBOOK FOR RECREATION LEADERS

by

Ella Gardner

This handbook, endorsed and distributed by the National Recreation Association, is an invaluable aid to the recreation teacher. The National Recreation Association is the foremost authority on recreation in the United States and its approval of this small volume is sufficient reason for the recreation leader to acquaint himself with its contents.

The "Handbook," after a short introduction confines, itself to the practical side of recreation. All types of games are broken down into main categories, such as circle games, live games, quiet games, musical games, etc. Approximately two hundred and fifty games are presented. The explanation of the games is given simply and clearly, and in minute detail. Old games are given a new twist and a new title. The variety of games is more than sufficient for a complete and entertaining program.

YOUR CHILD TODAY AND TOMORROW

by

S. Gruenberg

"Your Child Today and Tomorrow," although well written and embracing the pre-school age to the end of adolescence, does not have the advantage of the fuller knowledge found in books published at a later date and subject to more modern research made during recent years.

The material is rather general and more appropriate for home training of children rather than for group activity in a public environment. It can, however, be helpful in understanding these idiosyncracies in children emanating from home environment. The first part of the book, dealing with the very young child, is better than the latter part.

EDUCATION THROUGH RECREATION

by

L. P. Jacks

According to L.P.Jacks' work, "The Art of Living is indivisible. Somewhere along the line, recreation and education have become separated. If we make the recreations of the people more educational than they now are, and give to education some of the joy that belongs to recreation, recreation will become more enjoyable than it now is, and education will become much more effective."

Recreation includes something more than the playing of games. It includes the skills, the crafts, the arts, the drama, and many others, which all human beings are capable of acquiring if they are correctly educated.

The system of education through recreation can prevent juvenile delinquency as no well intentioned organization can. This recreation movement is a great work of preventative social medicine. How can the young people of the community learn the value of rules, laws and regulations, if they don't feel their need, and have no part in their formation?

One of the most effective methods of building good citizenship among young people is the movement for providing them with more and better recreation.

PLAY ACTIVITIES FOR ELEMENTARY SCHOOLS

by
Dorothy La Salle

Play is based upon the very instincts of the race. The fact that play is natural and is coming to be recognized as necessary to adult life, is the main reason why we should select a variety of games to teach, and teach them so they may be stimulating and, above all, fun for the participants.

The mistaken idea that children play as well without direction or supervision as with, is held by only a few individuals and is entirely without educational foundation.

The teacher is a very important factor in play. He must be strict because fair play must rule and also he should really like the children and be active as well as interested.

GROUP LEADERSHIP

by
Robert Leigh

This is an ideal book for recreation leaders who are dealing with clubs and groups. There are suggestions for conducting small and large groups deliberations, and for special action for specific purposes. There is also a discussion of problems of organization for mass meetings, groups who gather for the election of officers or for the adoption of a constitution, and for similar situations. It is invaluable for the person who, for the first time, is asked to preside at a meeting, or who is assigned the task of working with a group in the joint solution of a common problem.

GROUP WORK, AIMS and PROGRESSIVE EDUCATION

by
Joshua Lieberman

In considering progressive education and leadership in youth development, the most frequently expressed objectives of clubs and group work are the molding of character and preparation for citizenship.

Personality also plays an important part in child and youth development. Leaders must always try to build up friendship between adults and children, and gain their confidence.

As we know, all children have individual difficulties and if they are guarded and helped to develop a sense of security and find pleasure from creative efforts they will never become delinquent. There should never be partiality among children. For instance, if we know one child better than another, and give that child preference, it makes the other children lose confidence, friendship and respect for the leader. Instead of this, study the children individually, their good and bad habits, try to rectify the bad ones and let them know that you have their best interests

at heart. Make an effort to have the children and the leader co-operate together and be a happy congenial group. The leader in this way, will be the guiding light, not only of the children in her group, but also of the community and all with whom he or she may come in contact.

ACTIVE GAMES AND CONTESTS

by

Bernard S. Mason and Elmer D. Mitchell

This book presents an original classification of games and contests. The reader should bear in mind that "Active Games and Contests" is a companion volume to the "Theory of Play" and supplements "Social Games for Recreation."

Play activities of a related nature have been grouped together, and the idea of progressing has been preserved. This is especially timely in the case of the highly specialized team games where minor games of a less complicated nature provide the lead-up opportunities for acquainting the player with the game in its highest form of development.

The games and contests have been classified for age use in a general rather than specific manner.

The book is divided into five parts:

- Part I -- Contests between Individuals.
- Part II -- Contests between groups.
- Part III -- Goal, Tag and Combat Games.
- Part IV -- Team Games.
- Part V -- Winter, Water and Mounted Activities.

THE THEORY OF PLAY

by

Elmer D. Mitchell and Bernard S. Mason

"The Theory of Play" is one of the best books of its kind in the field today. It meets the needs of present trends in recreation activities and leisure time education. The presentation of material is broad and the organization is logical and practicable. It starts with a historical background of the present play movement; then a scientific and up-to-date theory of play; followed by a full discussion of its needs in modern life and its place in education; and coming finally to the administration and organization of play as required today.

Every teacher and administrator of recreation should include this book in his personal library.

THE PSYCHOLOGY OF THE UNADJUSTED SCHOOL CHILD

by
John J. B. Morgan

Many mental peculiarities which are formed in children are habits which they have acquired while very young. These habits are very often the result of incorrect guidance. In order to correct these characteristics, it is necessary to gain insight into the manner in which these conditions developed. Hence, the teacher must be taught how to train the child properly and cultivate the ability to recognize clearly all defects and peculiarities in conduct and character. Misconduct should be looked upon as evidence of disorder in the mind and punishment should be directed against the cause of the undesirable act and be of a nature to prevent a repetition.

"The correcting of faults means a replacing of bad habits by good ones."

THEORY AND PRACTICE OF GROUP WORK

by
Joseph C. McCaskell

The entire book is based on the theory of group work rather than individual play. The author maintains that through a small group the boy or girl is able to receive more toward character training under the direct supervision of an understanding and sympathetic leader. He is also of the opinion that the boy, and not the program should be the starting point of the work.

The author also discusses the need for groups and the different kinds of groups, and then discusses a program suitable to meet the needs of each individual group.

The work is simply and clearly written and contains a great deal of valuable information for leaders in group work.

ORGANIZATION AND ADMINISTRATION IN RECREATION

by
Dr. Jay B. Nash

This book truly contributes much needed guidance and philosophy toward the development of a greater and more serviceable recreation movement.

It is an accumulation of many years of tested experience and experimentation by the author, which maps a fruitful course for every leader in the field.

Dr. Nash is highly qualified to treat the various organizational problems which the teacher and administrator face in building a community recreation program, and this brilliant book should be an invaluable aid to the teacher in the field.

PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL

by
N. P. Neilson

The weak, the undernourished, the underdeveloped, the backward and the crippled--- these are the children most in need of physical education.

In this thoroughly exhaustive treatise on recreational activities and objectives, the above author has attempted to give expression to the instinctive tendencies of childhood which are shown in natural movements of animals in their unselfconscious joy in co-ordinating the body in play and training the emotions and social adjustments of the child. Although he feels that a child's activities are spontaneous, they nevertheless require adult supervision in the selection of games and in the guidance of the play spirit into wholesome channels.

The author points out that a lack of interest in an activity is usually due to poor selection, over use, lack of skill, or to poor teaching. In choosing activities for children it is desirable that they be chosen with the greatest natural appeal for that age.

STUDY OF LEISURE AND RECREATION AND THEIR SOCIOLOGICAL ASPECTS

by
Dr. M. H. and Esther Neumeyer

This book shows the importance of adequate use of leisure time and the importance of recreation. Sociology is a study of people as they exist in group life, i.e., that individual functions in the group and individual desires must be subordinated to that of the group as a whole.

The authors stress the fact, that due to the industrial or technological changes, individuals will continue to have an abundant amount of leisure. Therefore, they must be prepared to use it adequately because recreation should re-create or have a re-creating influence on the mind and body of man. Recreation should prepare to meet the strain of life.

NEW WAYS WITH CHILDREN

by
M. V. O'Shea

In studying the psychology of a child and its habits, it is necessary to interest yourself in every phase of child psychology in order to get a thorough understanding of the proper attitude to take toward a problem child.

The old expression, "a child should be seen and not heard" is no longer considered the proper attitude to take with a child.

Mr. O'Shea's book presents the natural tendencies of children and how they should be treated. In the case of the child who is slow thinking and backward, very often the parent or teacher will impress upon them their shortcomings, or use another child as a good example. This will cause enmity between the children, and give the first child an inferiority complex that may last throughout life.

The leaders in the groups should be encouraged to be friendly with the backward members in order to destroy inferiority complexes. The average child will develop properly if tolerance and sufficient interest is manifested by those in charge.

The teacher or parent who is willing to take time and get to the bottom of the reason for misconduct in children will find the solution more readily.

THE CHALLENGE OF LEISURE

by

Arthur Newton Pack

Human beings are confronted with a vast amount of leisure as a result of our industrial advancement. This new leisure in itself presents a social economic problem. It may well be the cause of reducing our present western civilization to chaos if it is not properly directed.

The author advocates recreation, physical as well as mental, as the proper and safe use of this leisure. Any hand labor such as crafts, gardening, etc., as well as sports and organized games, is important in recreation.

ADVENTURES IN RECREATION

by

W. W. Pangburn

The work, "Adventures in Recreation," portrays bright prospects for the workers, and a vast expansion in the field all over the country. The author discusses the various factors which are making public financing of general recreation a necessity. He stresses unemployment, increased schooling, more leisure due to shorter working hours and days as important causes of an aroused public interest in recreation. He proposes planned programs for the community, with all the educational and recreational agencies cooperating, and working as a unit.

The author stresses the benefits derived from a good recreational program, and is optimistic about the possibility of such programs being formulated throughout the country.

THE NORMAL COURSE IN PLAY

by

Playground and Recreation Association of America

This book is valuable for the inexperienced worker or one with very little knowledge in the recreation field.

It classifies various games for different age groups, and warns against young children taking part in activities that would be too strenuous.

The games should be varied so that the program remains interesting.

One of the most important chapters in the book is one entitled "Recreation Leader and His Value to the Community." This chapter explains the responsibility of the leader, the general qualifications and educational background required.

It should be a requisite in the recreation leader's personal library.

THE GAME WAY TO SPORTS

by

Atwood Reynolds

The teaching of the elements and skills of our various sports has received too little attention, mainly because of the lack of detailed instruction methods. In this book the author has prepared and compiled a series of lead-up games for ten sports which are most frequently played in our schools and colleges. There are line drawings illustrating the text and a classified bibliography concludes the work.

The games described in this book are as follows:

Baseball	Football	Basketball	Swimming	Soccer
Volley Ball	Tennis	Golf	Field Hockey	Ice Hockey

GAMES, CONTESTS and RELAYS

by

S. C. Staley

A brief and very excellent compilation of mass physical recreation activities.

The author has been successful in preparing a book that is of practical value to the physical director and the play leader.

The material has been confined solely to the description of activities, methods of organization and the practical problem of conduct.

The chapter on the pedagogy of games is outstanding. The reader will be fascinated by the comprehensive discussion on the program and the main factors involved in successful game leadership.

GAMES AND DANCES

by

William A. Stecher

This book is an excellent collection of games, song games and dances, suitable for school, playgrounds and boys and girls clubs. It is especially good in that it presents its explanation of games in a clear, concise manner, giving the central idea of the game or exercise to be learned, together with its moral and mental effects, explanations of advantages and dangers, and an outline of rules with reasons for the same.

The singing of games and dances are well defined with music and in cases where records are required the name and number of the recording is given.

THE COMPLETE BOOK OF GAMES

by

Gloria Stoddard

and

Clement Wood.

This book has been divided into four parts. Every conceivable game has been included in the collection and every age group has been provided for.

Books One and Two are essentially for grown ups. They give all forms of card games and other special equipment for indoor games.

Book Three, "Party Games for Adults and Children," holds a store of information which can readily be adapted to meet the requirements of almost any recreation center. It includes brain testers, alphabet games, guessing games, stunts and gags, hilarious games, indoor athletics, dances and many others.

Book Four deals with outdoor games of all kinds. Leaders using this book as a source for material will learn much that will enable them to give the children a well rounded recreational program.

SPORTS FOR RECREATION AND HOW TO PLAY THEM

by

Staff of Sports Department, University of Michigan

The origin as well as the rules for playing some of the most popular games is given in this very excellent book by the Intramural Sports Department of the University of Michigan. The following are a few examples:

- | | | |
|----|-------------------|--|
| I | <u>Archery:</u> | One of the oldest sports, originated in 1545, and first introduced to the U.S. in 1828 through T.R. Peale. |
| II | <u>Badminton:</u> | First called, "pocra," was originated in India. The rules are given in detail. |

III	<u>Basketball</u>	V	<u>Fencing</u>	VII	<u>Gymnastics</u>
IV	<u>Bowling</u>	VI	<u>Boxing</u>	VIII	<u>Track and Field</u>

METHODS IN PHYSICAL EDUCATION

by

Williams, Dambach and Schwendener

The first chapter of the book on the problem of methods, seems to be an important procedure for the teaching of physical education.

The education leaders have been rated chiefly for their contributions in methods rather than content. The authors of this book believe it unwise for a person to spend all of his time on methods. Instead he should put special emphasis on the aim of the educational process.

Every instructor's ideal should be to maintain maximum efficiency in the class period. The following conditions are vital: Proper environment, well constructed building, appropriate objects, complete supply of equipment, organized class, equalized teams, children grouped as to sex, size, ability and age, and a properly planned program.

Plan your programs and see that they are executed as planned.

